## WHAT IS CLAIMED IS:

1. An assay of determining an effect of Glutamate or a Glutamate analog on a T cell related disease or condition, the assay comprising:

exposing an organism having the T cell related disease or condition to at least one concentration of Glutamate or the Glutamate analog; and assessing at least one T cell related symptom in said organism.

- 2. The assay of claim 1, wherein said Glutamate analog is selected from the group consisting of naturally occurring and synthetic analogs.
- 3. The assay of claim 1, wherein said Glutamate analog is a downregulator of T cell activation.
- 4. The assay of claim 1, wherein said Glutamate analog is an upregulator of T cell activation.
- 5. A method of modulating T cell activity, the method comprising exposing T cells to Glutamate or a T cell activity modulating Glutamate analog.
- 6. The method of claim 5, wherein exposing said T cells to said Glutamate or said T cell activity modulating Glutamate analog is performed in vitro.
- 7. The method of claim 5, wherein exposing said T cells to said Glutamate or said T cell activity modulating Glutamate analog is performed in vivo.

- 8. The method of claim 5, wherein said T cell activity modulating Glutamate analog is an upregulator, causing increased T cell activity.
- 9. The method of claim 5, wherein said Glutamate analog is selected from the group consisting of naturally occurring and synthetic analogs.
- 10. The method of claim 5, wherein said T cell activity modulating Glutamate analog is a downregulator, causing decreased T cell activity.
- 11. The method of claim 5, wherein said downregulator is a Glutamate receptor blocker.
- 12. A method of upregulating T cell activity in a mammalian subject, the method comprising administering to the subject a therapeutically effective amount of Glutamate or a T cell upregulating Glutamate analog, said amount being sufficient to upregulate T cell activity, thereby upregulating said T cell activity in the mammalian subject.
- 13. The method of claim 12, wherein said upregulating Glutamate analog is selected from the group consisting of naturally occurring and synthetic analogs.
- 14. The method of claim 12, wherein administering said therapeutically effective amount of Glutamate or a T-cell upregulating Glutamate analog is performed ex vivo.
- 15. The method of claim 12, wherein administering said therapeutically effective amount of Glutamate or a T-cell upregulating Glutamate analog is performed in vivo.

16. The method of claim 12, wherein said subject is suffering from a T cell related disease or condition selected from the group consisting of congenital immune deficiencies, acquired immune deficiencies, infection, neurological disease and injury, psychopathology and neoplastic disease.